

OTTAWA JEWISH BULLETIN & REVIEW

Foundation Allots Over \$40,000.

A wide variety of educational, charitable and social service agencies will be the beneficiaries of grants for 1978 announced by the Ottawa Jewish Community Endowment and Bequest Foundation. According to Bernard Shinder, President of the Foundation, over \$40,000 has been distributed. It represents income earned during the year from the invested capital which has been contributed to the segregated and general funds administered by the Foundation.

The Grants and Allocations Committee makes its recommendations to the Board of Directors of the Foundation after reviewing all of the data available. Many of the segregated funds provide for consultation with the donor or family each year and their preferences are taken into account in the over-all submission.

A listing of the funds in the Foundation in the order in which they were established, showing the recipient of grants this year, follows:

Michael R. Freedman Charitable Foundation	
United Jewish Appeal	\$10,000.
Harold Flagal Memorial Fund	
United Jewish Appeal	270.
Phillip Cohen Memorial Fund	
National Retinitis-Pigmentosa Foundation	\$175.
Canada-Israel Cultural Foundation	
(Tzil Am program)	175. 350.
David Zbar Memorial Fund	
Canadian Friends of Netanya Youth & Cultural Centre	1,150.
Harold Shenkman Foundation	
Jewish National Fund	3,600.
United Israel Appeal	4,400. 8,000.
Louis Greenberg Memorial Fund	
Ottawa Talmud Torah & Hillel Academy	800.
Hyman Bessin Foundation	
Laniado Hospital, in memory of David Zbar	30.
Mrs. Moe (Bessie) Greenberg Endowment Fund	
Ottawa Talmud Torah & Hillel Academy	950.
Anne Altman Memorial Fund	
Canadian ORT Organization Scholarship	700.
Ethel Rivers Memorial Fund	
Canadian ORT Otragnization, Ottawa Chapter	375.
Harry Cooper Memorial Fund	
Beth Shalom Synagogue	175.
Sylvia and Louis Rubin Charitable Fund	
Ottawa Civic Hospital Hematology Project	125.
Moe Slack Memorial Fund	
Student Scholarship, Ottawa Talmud Torah	700.
Norman and Sonia Kizell Foundation	
United Jewish Appeal	750.
Sam Zaret Memorial Fund	
Camp B'nai B'rith Scholarship Fund	375.
Harry Levitan Endowment Fund	
Afternoon Talmud Torah Slow Learner Project	50.
Nathan and Yetta Hochberg Memorial Fund	
United Jewish Appeal	100.
Louis Slack Memorial Fund	
Ottawa Talmud Torah & Hillel Academy	125.
Kovod Fund	
United Jewish Appeal	50.
B'nai B'rith Ottawa Lodge 885 Memorial Fund	
B'nai B'rith Lodge 885 Foundation	1,500.
Jacob and Leah Rivers Memorial Fund	
Ottawa Talmud Torah & Hillel Academy	300.
Montefiore Club Foundation	
United Jewish Appeal	4,750.
Simon and Thelma Ritt Memorial Fund	
Ottawa Talmud Torah Israeli Travel Scholarship	450.
Abraham and Fanny Dubrow Memorial Fund	
United Jewish Appeal	40.
James Melton Cooper Memorial Fund	
Canadian Histadrut Amal Scholarship	350.
Haifa Technion Scholarship	500. 850.
Abraham and Fanny Betcherman Foundation	
Ottawa Talmud Torah & Hillel Academy	425.
Arnold Shinder Music Scholarship Fund	
Canada-Israel Cultural Foundation	35.
Alex Betcherman Memorial Fund	
United Jewish Appeal	475.
Benjamin Katz Endowment Fund	
Hillel Lodge	20.



Prime Minister Menachem Begin of Israel poses in his Jerusalem office with four members of the National United Appeal Study Mission to Israel. The group of twenty U.J.A. Campaign leaders from across Canada had gone to Israel for a special briefing in connection with the launching of Project Renewal, Mr. Begin's imaginative program for the rehabilitation of 160 deprived neighbourhoods in Israel. Shown with the Prime Minister from left to right are Sol Shabinsky, John Marks, Avraham Iny and Phillip Cooper of Pembroke.

Lawrence Freiman Scholarship Fund	
Canada-Israel Cultural Foundation Scholarship	1,300.
Jacob Gladstone Endowment Fund	
Young Israel Synagogue Summer Camp	50.
Harry Shinder Endowment Fund	
United Jewish Appeal	40.
Abram Molot Memorial Fund	
Ottawa Talmud Torah & Hillel Academy	125.
Jacob Malomet Memorial Fund	
Woodroffe High School	65.
Hillel Lodge	110. 175.
Pincus Newman Endowment Fund	
Ottawa Talmud Torah & Hillel Academy	70.
Saul and Fanny Tanner Foundation	
Hillel Lodge	20.
B'nai B'rith Lodge 885 Past Presidents Fund	
Yeshivat Hadarom	150.
Michael Benes-Anne Van Derzee Memorial Fund	
United Jewish Appeal	3,000.
Ottawa Modern Jewish School Foundation	
Ottawa Modern Jewish School	25.
Hyman Bessin Memorial Fund	
Ottawa Talmud Torah & Hillel Academy	400.
The Ben and Mary Steinberg Foundation Fund	
Designated Charities — partial income December, 1978	640.

The Foundation now administers 53 funds with a total capital of over \$600,000. The income for 1979 is expected to be approximately \$65,000. Information relating to the establishment of an endowment fund or a memorial fund can be obtained from Casey Swedlove at 236-2993 or Hy Hochberg at 232-7306.



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Judaism Its Totality & Eternity

by Rabbi Shear Yashuv Cohen
chief Rabbi of Haifa

The beauty of Jewish tradition lies in the fact that despite its age it does not lose its deep and meaningful touch with the contemporary and modern. The strength of Torah-true Judaism stems from its constant relevance to, and involvement in, the life of today and tomorrow. It is not only holy and religious but also human and social. Its goal is man's welfare and happiness.

A clear illustration of this may be discerned in the incident, described most humanly at the beginning of Parshat VaYera, with our patriarch Abraham, the great prophet and propagator of the belief in one G'd, at one of the most decisive turning-points in his life. The founding father of monotheism is privileged with the revelation of G'd's Presence on the third day of his circumcision.

Deeply absorbed in this Divine experience, he lifts up his eyes and beholds three nomads wandering in the desert. He is faced with the choice between the service of G'd and the service of fellow-men; he does not hesitate. He attends to the nomads and turns to G'd with a plea not to leave his abode until he has fulfilled his duties of hospitality. Our Sages learn from this a cardinal Jewish principle "G'dolah hachnasat orchim yoter mikabalat pnei haSh'chinah — Hospitality is greater than receiving the Divine Presence".

The true and meaningful message of our Sages is that we should never look upon the service of G'd and the service to human society as two contradictory concepts. Being Jewish means being a genuine servant of G'd and a loyal, loving worker for man's happiness and welfare.

The same idea lies behind Hillel's famous answer to the Gentile who asked to be taught the whole Torah while standing on one foot: "Don't do to others what is hateful to you", and also behind Rabbi Akiva's generalization: "VeAhavta l'recha kamocho — zeh klal gadol baTorah; Love thy neighbour as thyself — this is the main precept of the entire Torah".

We in Israel are working in the fields of Torah and society, endeavouring to promote this unique approach to the laws and teachings of Judaism. ARIEL — Israeli Institutes of Jewish Studies concentrates on research in the relevance of Jewish law to modern living and on the training of Dayanim — Rabbinical judges; this work is being done in the prestigious Harry Fishel Institute in Jerusalem.

In the Jerusalem Midrasa Seminary we train Rabbis and community workers for Israel and the Diaspora. At the ARIEL centres in Haifa and Tel Aviv our scholars and graduates are engaged in teaching and working with the different segments of the Israeli society. It is our main effort to try and build a bridge between the holy and the mundane and to further understanding between the leaders of our ancient tradition and the advocates of the modern and scientific.

We hope and pray for the success of our endeavours for the benefit of Israel and mankind. Only then may we be privileged with the fulfilment of the prayer "Or chadash al Zion tair v'nizke kulanu bimhera l'oro —

(Rabbi Cohen visited Ottawa recently and during his stay, spoke at a gathering in his honour. This article is an excerpt from his remarks.)

The Ottawa Jewish Bulletin and Review is published by the Ottawa Vaad Ha'Ir (Jewish Community Council of Ottawa), 151 Chapel Street, Ottawa K1N 7Y2. David Loeb, Immediate Past President; Gilbert Greenberg, President; Sol B. Shinder, Alfred Friedman, Vice-Presidents; Issie L. Landau, Treasurer; Joseph Lieff, Q.C., Honorary Secretary; Hy Hochberg, Executive Vice-President. Bulletin Committee: Gerald Berger, Chairman, Rabbi Saul I. Aranov, Simone Goldberg, Mark Max, Sidney Margles, Dr Eli Rabin, Nancy Zalman, Bulletin Co-Ordinator.

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RESERVE SUNDAY
MORNING, MAY 27

for the 1979

U.J.A. WALKATHON,
Jogathon — Bike-athon

Establish Three New Funds

(The Editors apologize for the printing errors in the last issue of the Bulletin. The article is reprinted in full.)

The Ottawa Jewish Community Endowment and Bequest Foundation is pleased to announce the establishment of three new Funds by family and friends who have selected this highly appropriate way to honour their loved ones in perpetuity.

The Percy and Libby Kardash Foundation established in honour of their 45th Wedding Anniversary. Percy was born in Poland and Libby in Roumania. They were married in Ottawa in 1933.

Mr and Mrs Kardash are active members of Machzikei Hadas Synagogue. They are also involved in many facets of Jewish life in the community. He has been in the retail fur business for thirty-five years.

Mr and Mrs Kardash have two children; Dr Sidney Kardash and Bess, wife of Lawrence Weiner. They have four grandchildren.

The Irving and Ellen Lithwick Foundation (established on the occasion of and in honour of his 70th birthday).

Mr Lithwick arrived in Canada from Russia in 1929. Originally in the retail fruit business in partnership with his brother Arnold, they switched to clothing and for many years operated a flourishing business

on By Ward Market. After selling their shop, they concentrated on their real estate interests.

Mr and Mrs Lithwick are ardent Zionists who have been active in a number of organizations in the community. Their work for the Jewish National Fund over the course of many years has been particularly noteworthy. They were also very much involved in the establishment of Hillel Academy. The Lithwicks are members of Congregation Beth Shalom. Mr and Mrs Lithwick have three children: Dr Norton Lithwick, Vicki Weiss and Dr Sheila Cohen. There are four grandchildren.

The Israel Shinder Foundation: established in honour of his 60th birthday. Mr Shinder, the son of the late Jack and Nellie Shinder grew up in Ottawa and has always been heavily involved in activities which advance the welfare of the Jewish community.

He is a Past President of Agudath Israel Synagogue and President of the New Jewish Community Cemetery. He was the driving force in its purchase and development. Mr Shinder is married to Jenny Greenberg. They have four children: Linda, Eileen, Jack and Ruth. All

three are open-ended Funds which may be added to at any time. In each case, the capital is invested and only the income is used each year for religious, educational and charitable purposes. The honourees will be consulted by the Allocations Committee of the Foundation as to the disposition of the income earned each year.

Anyone wishing to add to the capital of any of these Funds may do so by sending a contribution made payable to the Ottawa Jewish Community Endowment and Bequest Foundation at 151 Chapel Street, Ottawa, K1N 7Y2.

Such donations are income tax exempt. Notifications and acknowledgements are sent to all concerned in the form of appropriate cards and letters.

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Plant Trees to Beautify Cemetery

The New Jewish Cemetery of Ottawa would like to raise a minimum of \$5,000. to plant trees to commemorate Tu B'Shevat and to beautify the grounds.

If you would like to help in this worthwhile project, fill out the form below and mail it to your own Synagogue with an accompanying cheque made payable to the Synagogue.

A day will be set aside in early May, 1979, when these trees will be planted. Those who donate trees will be invited to plant their own at that time. Youth groups throughout the city will be asked to take part in the mass planting as well.

In addition to the larger trees, the intention is to plant 1,000 seedlings in the New Cemetery's nursery for future planting in other areas.

Additional information can be obtained from Israel

Shinder, Chairman of the New Jewish Community Cemetery at 746-4663 or Howard Goldberg at 232-7306.

Tree Planting Project

Name _____

Address _____

Contribution _____

Want to plant my own trees _____

Have others plant them _____

Sugar Maple \$20. _____

White Spruce \$20. _____

Austrian Pine \$25. _____

Colorado Spruce \$25. _____

Seedlings 12" \$1.00 _____

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Alpine Currant, Golden
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Compelling Program on Women's Mission

The National Women's Division of the United Israel Appeal of Canada is planning Mission to Eastern Europe and Israel. The group will leave Canada on February 25, returning on March 13.

Code named Jewish Routes, the Mission will spend three days in Poland, two in Vienna and eleven in Israel. It will be led by Wendy Litwack of Montreal. Mrs Litwack is on the Executive of the Women's Division of the UIA of Canada; was the founder and president of Group of 35 in Montreal; and recently returned from a trip to the Soviet Union where she met with Jewish activists.

While in Warsaw, the group will visit such historical sites as The Warsaw Ghetto, Mila 18, the Jewish Cemetery; and the Jewish Historical Institute. From there the group goes to Auschwitz, Birkenau and Cracow.

The two days in Vienna will provide an opportunity for members of the Mission to meet with Soviet Jews as they take their first steps in freedom. They will observe the aliyah process and then fly El Al to

Israel with the new Soviet Jewish arrivals. The highlight of the Vienna stop will be a visit with Simon Wiesenthal.

The Israeli portion of the trip will focus on Project Renewal, Tel Aviv and Jerusalem, the Knesset, the military bases, the West Bank settlements, the Good Fence, Yad Vashem and the Museum of the Diaspora, to mention only some of the highlights.

Mission planners say they believe that the participants will feel the pulse of the country through the average Israeli and such government officials as Prime Minister Begin, Ezer Weitzman, Gideon Hausner, Elyahu Ben Elissar, Moshe Rivlin and President Navon.

The group will be quartered at the King David Hotel. One night is to be spent in a Kibbutz in the Galilee. The cost is \$1,636, based on double occupancy. Payment in full may be made in Israeli Bonds.

Anyone interested is asked to contact Wendy Litwack in Montreal 514-482-1950; Joan Lipson in Toronto, 416-789-7625; or Hy Hockberg in Ottawa, 232-7306.

Management of Stress

by Nathan Schechter, M.D.



In the fifth and final article in the series, Dr. Schechter recaps in question and answer form the factors leading to stress and some of the ways in which to cope with it.

Question: Your articles give a detailed description of stress, but how would you describe it in its simplest form?

Answer: Stress is produced when the individual over-reacts to situations in his environment at work or at home. As a result, it brings into play certain chemical factors, nervous factors, that put stress on different organs in the body in different individuals. In many cases, the heart is the most vulnerable of these organs.

Question: Is stress a necessary part of living?

Answer: We all need a certain amount of stress in our work. Stress is the salt of life. Some of it is necessary for goal achievement and without it there would probably not be any creativity. Where an individual is satisfied with his achievements, we term that as "stress without the stress", but where the individual is never satisfied with his productivity or status, he becomes anxious and produces in his body all the manifestations of the stress syndrome outlined by Dr. Hans Selye who I quoted in the first article. This he refers to as "stress with distress".

Question: In one of your articles you categorized individuals into Type A and Type B. Could you describe them again?

Answer: The Type A individual is the one who is constantly trying to achieve more and more in less and less time and would feel guilty if he took any time off. He is unable to relax. This is the individual who takes on extra responsibility and works just as hard there as in his professional life. Doctors Friedman and Rosenman call the extreme case Type A1.

Type B is the well-relaxed individual who never seems to be in a hurry, who in spite of everything, is able to accomplish his work without stress. He is less demanding and less abrasive. He is more likely to be elected the president of the corporation than his harder-driving type A1 associate.

The B4 type is the extreme opposite of Type A1.

Type X has been described as the individual who is able to function effectively in his work without being over-aggressive and too demanding of himself and others. He does his day's work well and after he leaves, he is able to separate himself from his work and to relax in his private and social life. This individual exhibits the behaviour pattern that people should strive for.

Question: Do people recognize the type they are?

Answer: Unfortunately the Type A individual is unaware that he is a Type A. He does not recognize what his body is trying to tell him. The body speaks a language all its own: the stomach is tightening up, palpitation of the heart, tension headaches, all signify that there

is something wrong. Yet the Type A individual does not heed these warnings and continues until something happens such as high blood pressure or the development of coronary heart disease. Only then will he admit that most of the things he worried about are not important and that he must now change his life style if he is to survive.

Being a Type A is useful to get ahead but you have to be able to turn off A and become a B at will if you want to live. The mark of a Type A personality is that he cannot relax to really do a first-rate job at the office or at home. Being a prime candidate for a heart attack, he does not last long enough to reach the top or enjoy the fruits of his labours.

Question: Is it possible for a Type A to become a Type X?

Answer: Yes, with difficulty. The first step in the process is the recognition that he is a Type A. Since many people cannot change their behaviour patterns on their own, they would be well-advised to seek professional counselling starting with their family doctor. It is insufficient for a physician to tell his patient to relax simply because the patient does not know how to relax.

In the last eight years, there have been introduced various types of psychotherapy which could help, among them Transcendental Meditation, Biofeedback, Autohypnosis and Behaviorist Therapy. Some people find help in prayer, in music or in the arts. Exercise is also very valuable but has to be carefully monitored.

Question: How does this therapy reduce tension?

Answer: For a long time it was believed we were only able to control our motor functions, but in the last several years it has become apparent that through these types of psychotherapy, the automatic nervous system which controls heart-beat, level of blood pressure, even the brainwaves, can be controlled by our minds. Even blood lactate level which is a measure of the amount of anxiety of an individual can be reduced.

Physiologically, therapy can reduce the metabolism of the body. By controlling the automatic nervous system, the amount of adrenalin and the level of chemicals that are secreted into the body in response to stress, are reduced.

Question: What is the value of exercise?

Answer: The chief value of exercise is to relieve nervous tension by getting the person away from his routine activities. It helps promote circulation and well-being. However, anyone over the age of 40, before indulging in any exercise program should have not only a resting electrocardiogram but also an exercise electrocardiogram.

Exercise should be a pleasurable experience and should not be overdone particularly by the Type A personality. Exercise should be regular at least four times and not more than six times a week. There should be a compulsory day of rest. It also stimulates the mind, makes a person more alert and achieves better emotional control.

Question: What does smoking really do to the heart?

Answer: Emphysema, chronic bronchitis and lung cancer are undeniably associated with smoking. The United States Public Health Service reports that heart disease is the leading cause of death among smokers. They run a 3:1 greater risk of heart attacks than non-smokers and a 21:1 greater risk of sudden death from heart attacks. Furthermore, smoking acts in combination with other risk factors in producing heart attacks. These statistics are supported by data accumulated by numerous investigators during the past several years.

Question: Does heredity play a part?

Answer: Hans Selye believes that there is a genetic predisposition to stress-related heart disease. He even regards himself as a Type A individual but does not regard himself as having a stigma provided that a person learns how to handle stress without distress. The lessons for our reader is obvious.

Question: Will you answer questions on the subject if people write to you care of The Bulletin?

Answer: I'd be pleased to and we can publish the answers in the Bulletin.

Question: Finally, Dr. Schechter, can you repeat again how one gets started?

Answer: You have to recognize you have a problem and get in touch with your physician. He will either handle it himself if he feels competent to do so or refer you to the proper source.

Camp B'nai B'rith REUNION

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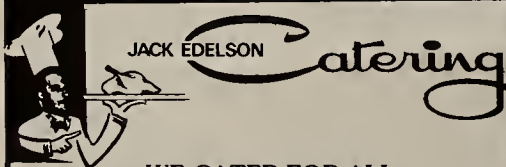
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Foundation Donations

The Board of Directors of the Ottawa Jewish Community Endowment and Bequest Foundation acknowledges with thanks the receipt of contributions to the following Funds, since publication of the last lists on January 12:

HARRY COOPER MEMORIAL FUND

Wishing continued good health to Aaron Pleet by Mrs. Jean Cooper.

LAWRENCE FREIMAN SCHOLARSHIP FUND

In honour of the 70th birthday of Mr. Lawrence Freiman by Dr. and Mrs. Bert B Migicovsky; by Mrs. Sonia Kizell; by Dr. and Mrs. Erwin Koranyi; by Hon. Bora Laskin and Mrs. Laskin; by Mr. and Mrs. Ross Tolmie; and by Evelyn and Irving Greenberg.

JACK & GERT GOLDSTEIN FOUNDATION

In honour of the 35th Wedding Anniversary of Mr. and Mrs. Jack Goldstein by Mr. and Mrs. Toby Appel; by Mr. and Mrs. George Boselli; by Mr. and Mrs. Alfred Friedman; by Mr. and Mrs. Charles Gardner; by Mr. and Mrs. Norman Glube; by Mr. and Mrs. Ernest Goldstein, Corey and Elissa; by Diane Kathnelson and Naomi; by Dr. and Mrs. Jack Lightstone, Montreal; by Mr. and Mrs. Hy Lithwick; by Irving Rivers; by Dr. and Mrs. Paul Rosenberg; by Mr. and Mrs. Maurice Shabinsky; by Mr. and Mrs. Sol Shabinsky; by Mr. and Mrs. Cecil Shinder; by Mr. and Mrs. Judah Silverman, Toronto; by Moe and Nathan Skulsky; by Mr. and Mrs. Arnold Tennenhouse; and by Mrs. Ida Wiseman.

MORRIS GOLDBERG MEMORIAL FUND

In memory of Morris Goldberg by Mr. and Mrs. Robert Abelson; by Mr. and Mrs. Michael Baylin; by Mr. and Mrs. Alfred Friedman; by Mr. and Mrs. Jacob Gordon; by Donald R Palef, Toronto; and

by Mr. and Mrs. Dave Radnoff. In memory of Sam Sadava by Mrs. Zena Goldberg and Lewis.

JACOB AND ESTHER KIZELL MEMORIAL FUND

In memory of dear parents by daughters Edith Simpkins and Frances Waiser.

KOVOD FUND

Mazel-Tov to Howard and Ibolya Goldberg on their new home by Mr. and Mrs. Barry Trainoff.

PINEY & LIBBY KARDASH FOUNDATION

In honour of the 45th Wedding Anniversary of Mr. and Mrs. Piney Kardash by Mr. and Mrs. Ben Goldberg; by Mr. I. Grunwald; by Mr. and Mrs. Sam Kardish; and by Cynthia Weiner.

ARTHUR AND SARAH KIMMEL MEMORIAL FUND

In memory of Mrs. Sarah Kimmel by Mr. and Mrs. Barry Baker; by Mr. and Mrs. Michael Baylin; by Diane Kathnelson; Mr. and Mrs. Arnold Lithwick; by Dr. and Mrs. Harvey Lithwick; by Mr. and Mrs. Irving Lithwick; by Mr. and Mrs. Sol Shabinsky; and by Mr. and Mrs. Stephen Victor.

In memory of Morris Baylin by Mr. and Mrs. Norman Lesh.

In memory of Harry Zitomer by Mr. and Mrs. Norman Lesh.

In honour of the 35th Wedding Anniversary of Mr. and Mrs. Jack Goldstein by Mr. and Mrs. Norman Lesh.

Wishing a speedy recovery to Stephen Bookman by Mr. and Mrs. Norman Lesh.

JACK LEVIN MEMORIAL FUND

In memory of Jack Levin by Mr. and Mrs. Len Halter, Vancouver.

In honour of the 50th Wedding Anniversary of Mr. and Mrs. Hyman Gould by Mrs. Beatrice Freedman; and by Mr. and Mrs. Alfred Friedman.

IRVING AND ELLEN LITHWICK FOUNDATION

In honour of the 70th birthday of Mr. Irving Lithwick by Sam Blair; by Mr. and Mrs. Ben Goldberg; by Mr. and Mrs. Dave Radnoff; and by Mr. and Mrs. Max Zelikovitz.

ABRAM MOLOT MEMORIAL FUND

In memory of Saul Sonken by Mr. and Mrs. Henry Molot.

In honour of the 50th Wedding Anniversary of Mr. and Mrs. Laz Molot by Mr. and Mrs. Henry Molot.

ISRAEL SHINDER ENDOWMENT FUND

In honour of the 60th birthday of Mr. Israel Shinder by Mr. and Mrs. Ernest Goldstein, Corey and Elissa; by Diane Kathnelson and Naomi; by Dr. and Mrs. Jack Lightstone, Montreal; by Ben Pomerlan; by Irving Rivers; by Mr. and Mrs. Maurice Shabinsky; by Mr. and Mrs. Sol Shabinsky; by Mr. and Mrs. Cecil Shinder; by Mr. and Mrs. Judah Silverman, Toronto; by Mrs. Clara Slack and Family; and by Mr. and Mrs. Arnold Tennenhouse.

CLAIRE AND SAM TANNER ENDOWMENT FUND

In honour of the wedding anniversary of Mr. and Mrs. Moe Appel of Montreal by Mr. and Mrs. Elliott Gluck.

SAM ZARET MEMORIAL FUND

In memory of Morris Goldberg by Mrs. Helene Zaret.

In honour of the 35th Wedding Anniversary of Mr. and Mrs. Jack Goldstein by Mrs. Helene Zaret.

In honour of Lou Satov's birthday by Mr. and Mrs. Cecil Shinder.

Contributions may be sent to the Foundation at 151 Chapel Street, Ottawa, Ontario. K1N 7Y2. All are income tax exempt. Notifications and acknowledgements are sent to all concerned in the form of attractive cards and letters.

Project Renewal Lives



The disillusioned faces of poverty, in desperate need of proper care and supervision. This neglected apartment entrance in the Shunat Hatikva quarter in Tel Aviv, with its bare concrete slabs, is home to these children. Project Renewal . . . a partnership joining the Jewish people in Israel and throughout the world in the rebuilding of neighbourhoods and lives.



The physical problem. Shikunat Hatikvah Quarter in Tel Aviv where 13 per cent of the population continues to live in sub-standard housing. Many of the people live on welfare with their average income around or below the poverty level. Project Renewal . . . a partnership joining Jewish people in Israel and throughout the world in the rebuilding of neighbourhoods and lives.

(Keren Hayesod Photo Service)



Youth's energy reflected in the streets of Ir Gnim in Jerusalem. Their creativity must be tapped and nurtured by means of youth clubs, recreation centres and professional guidance. Project Renewal . . . a partnership joining Jewish people in Israel and throughout the world in the rebuilding of neighbourhoods and lives.



The "Kfir Project" — a comprehensive renovation scheme proposed for the Shikunat Katikvah quarter of Tel Aviv. This blueprint, once implemented, will provide a total infrastructure of community facilities for the citizens of the neighbourhood. Project Renewal . . . a partnership joining Jewish people in Israel and throughout the world in the rebuilding of neighbourhoods and lives.



Shades of Yesteryear

Lou Honigman receives a prize from Mac Abrams at the closing exercises of the Hanoar Study and Breakfast Club in the Vestry of the Adath Jeshurun Congregation. The date is June, 1947. Hy Hochberg, Dr. David Maier and Hy Bessin look on. Photo courtesy Mrs. Eva Honigman

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Jewish Community Centre News



Director of Adult Programs

The Jewish Community Centre is pleased to announce the appointment of Nina Tobias Alexandor as Director of Adult Programming.

Born and raised in Chicago, Illinois, Nina attended Indiana University where she studied with cellist Janos Starker. In 1967, she became assistant principal cellist of the San Antonio Symphony Orchestra. Two years later, Nina moved to Ottawa to join the National Arts Centre Orchestra. Since leaving the orchestra in 1975, she has free lanced and performed in numerous chamber music concerts. She is a faculty member of Carleton University and the University of Ottawa.

Nina is chairman of the Social Action Committee, Temple Israel, and a member of the Youth Committee, Canadian Council of Liberal Congregations. She was head of personnel for the 1978 Rockcliffe Park Book Fair and chairman of the Cult Information Seminar which took place at the Centre in December.

Nina has two children, Ruth, 15, and Michail, 13, and a dachshund, Sam. She is the wife of Ottawa lawyer David F. Alexandor, Q.C.

NEW CO-ED FITNESS CLASS

Sunday Fitness Class
Starting February 4 9:15 to 10:00 a.m.
10 week session

This program will be different from our regular noon or evening classes. The class will include more vigorous running, calisthenics and stretching.

The Jewish Community Centre wants "your body"

To register call Ron or Louise at 232-7306. Fee: \$15.00 — non-members; J.C.C. members — free.

Save a Life with CPR

It is our guess that you have never heard of C.P.R. (Cardio Pulmonary Resuscitation). But if someone's heart stops, his brain begins to die. Minutes count. Prompt application of mouth to mouth breathing and chest compression keeps blood flowing to the brain. C.P.R. can restore life or sustain it until complete cardio-care can be started. Thousands of victims of sudden heart arrest have been saved by prompt use of C.P.R. Much is being done these days to prevent premature death, to save hearts too good to die.

The Jewish Community Centre will be offering a course in C.P.R. Feb. 5-8.

The course begins with an introduction to the basics of Cardio Pulmonary Resuscitation... the problems involved, recognition, and management of those problems. Detailed demonstration of techniques of basic life support will be given, followed by intensive instruction. Successful completion of the course means:

A. Passing grade of 86 per cent in a written test.

B. Demonstrate perfection in performance of the following: psychomotor skill single rescuer C.P.R. two rescuers C.P.R. obstructed airway management infant resuscitation

Upon completion of the



course, you will receive the Canadian Heart Foundation Certificate.

Can You Save a Life?

You must ask yourself these questions:

1. Can you perform C.P.R.?
2. Can you quickly clear airway of conscious or unconscious victim?
3. Can you work smoothly and efficiently with another to do effective C.P.R.?

If "No" is the answer, then this course is for you. Register now.

Time: 7:00 - 10:00 p.m.

Date: February 5 - 8, 1979,

Monday - Thursday

Place: Adult Lounge, Jewish

Community Centre

Cost: Member — \$26.00; Non-

member — \$30.00 (Based on 20 registrants. Cost will be higher if the minimum is not met.)

To Register: Call Ron or Louise at 232-7306.

Gym Blurbs

Mogen David Cross-Country Ski Club

Led by Sylvia and Harry Kershman, the Mogen David Cross-country Ski Club has been extremely active. Some of the other notables in the club are Bert Koenig, Kelly Shapiro, Debbie Applebaum, and Sophie Koenig. The group has skied Cedarhill, the Gatineau, and Vincent Massey Park. New skiers are welcome. If you want a sociable skiing experience, join the Club.

MEETING PLACE: Machzikei Hadas, 2310 Virginia Drive

DAY: Sunday

TIME: 1:00 p.m.

COST: J.C.C. Members:

\$7.50/person; \$15.00/family

Non-members:

\$10.00/person; \$20.00/family

For further information call Sylvia at 729-2972 after 7:00 p.m., or Ron at 232-7306.

Volleyball

The Women's Volleyball team has begun its second half of the season. The team is in sixth place presently, but hopes to improve its position over the next two months. With Julie Orlick and Debbie Cowan practicing their spikes and Ina Lipsey setting for them, the team promises to be a great success. Practices are held every Tuesday night, and games are played Monday nights. Spectators are welcome.

Alpine Skiing

The ski program got underway at Camp Fortune on Sunday, January 7, 1979, with over twenty-six youths involved. The Camp Fortune express left the J.C.C. Ottawa at 9:15 a.m. and was met on the slopes by the Ski School staff.

(Cont'd on page 7)



Women's Volleyball in action.

The Phys. Ed. Box

by
Ron Boro
Physical Education Director



Understanding Hypothermia

Don't run into trouble

Running in cold weather presents certain risks to joggers. One of these risks is called Hypothermia.

Hypothermia is a condition that arises when the core temperature of the body is lowered. It happens when exposure and exhaustion cause the body to lose more heat than it can produce and can thus no longer maintain its normal temperature. The condition can happen well above freezing if the proper condition of cold, wet and wind are present. The following symptoms appear as body temperature drops:

A. 99-96° — Intense shivering, impaired use of hands.

B. 95-91° — Violent shivering, loss of muscular coordination, stumbling speech difficulty, sluggish thinking, some amnesia.

C. 90-86° — Decreased shivering, rigidity of muscles, jerky movements, irrational, confused.

D. 85-81° — Severe muscular rigidity, semi-conscious, pulse respiration slowed.

E. 80-78° — Unconscious, no response or reflexes, erratic heart beat, below 78. Death due to cessation of heart action.

Defence Against Hypothermia

Stay dry and use wool clothing because it retains insulating factors when wet. It is a good idea to wear a breathable type of rain gear so there is no heat 'build up' during exercise. Beware of the wind because it carries heat from the body and refrigerates wet clothing by evaporating moisture from the surface. Another important aspect is that 50 percent of body heat is lost from the head to the neck so wear a mask or a balaclava. Control temperature by adding or removing clothes. It must be noted that over-dressing, so that you overheat, also creates problems.

Eat carbohydrates and drink water for the body needs fuel, and dehydration hastens exposure problem.

Do not be a hero. If the symptoms occur, stop your run and look for shelter or aid. In the winter it is a good idea to ask yourself these questions: how long is the run; what are the weather conditions; what kind of county does your route pass through—and take some money with you. Knowledge and prevention is the best protection.

Run worry free this winter!

Baseball Makes You Smile



Women's Softball Meeting open to all interested persons. Captains and committee will be chosen.

DATE: January 31, 1979

TIME: 7:00 p.m.

PLACE: Jewish Community Centre, Adult Lounge



Jewish Community Centre News



They came.



They saw.



They boogied.

Teen Department

Phantom of Paradise Film — Disco Dance

On Saturday, January 6, 1979, 80 teens came to the Centre to view the film *Phantom of the Paradise* and get down to some serious discoing. A great time was had by all. Arlene Broitman and Toba Goldenberg won *Phantom of the Paradise* albums; Gary Bosloy and Brian Stoller were recipients of tickets to the next pop group concert at the National Art Centre or Civic Centre; Judy Gara was the winner of a *Phantom of the Paradise* T-shirt. As they say, one picture is worth a thousand words; so here's three thousand's worth above.

Future Programs

Upcoming teen programs include Casino night in February. The J.C.C. will be assisting B.B.Y.O. in this annual event — an amateur gamblers delight.

Of course, let us not forget the weekend trip to Montreal, a chance to "get away from it all" let loose, and just have a great time with teens from the YM-YWHA. The trip is still in the planning stages, and more information will follow shortly.

In March, the J.C.C. Leadership Training course will be held every Tuesday evening beginning March 13, and lasting 7 weeks.

For all those inflicted with Discomania — there will be "ANOTHER DISCO".

April will feature a Holocaust Weekend — a 24 hour overnight session dealing with various issues of the Holocaust — past and present.

A Chinese Cooking class and a Rock Band are also in the planning stages. See the ads. Phone the Youth Dept. for further information. (232-7306).

The following is a list of teen group supervisors for Jewish youth. For any general information, please feel free to call Bernie Farber at the Jewish Community Centre.

TEEN GROUP DIRECTORY

J.C.C. Youth Dept --- Bernie Farber, 232-7306
B.B.Y.O. --- Howard Osterer, 532-3810
Temple Israel Youth --- Debbie Viner, 224-1802
Machzikei Hadas Youth --- Jonah Libman, 521-9700
N.C.S.Y. --- Elliot Malomet, 722-8394
DROR-Habonim --- Hillel Brustin, 232-7306
U.S.Y. --- Elliot Berman, 745-7680; Allison Davis, 729-5587.



Howard Osterer-Ottawa Co-ordinator B.B.Y.O.
B'nai B'rith Youth works in co-operation with the J.C.C.

Membership Madness Month

Membership Madness Month for B'nai B'rith Youth is well underway. By now you should have seen our numerous posters describing the many new events planned to kick off the New Year program.

We welcome all interested young men and women (14-18 years of age) to join our growing program. Get involved with B.B.Y.O. For more information please call Howie at 523-5388.

All past BBGers are cordially invited to attend the 50th Anniversary **BEAUHART DANCE** to be held on February 11 at the Beth Shalom Synagogue 1445 Eglinton West, Toronto, Ontario. If you are interested please call Penny Torontow at 523-5388 or Sonia Shron at 1-416-635-9411.

The Ottawa chapters will be celebrating the 50th Anniversary celebrations by having a gala ball to be held sometime in

March at the J.C.C. If you wish to be added to our alumni list please call the B'nai B'rith office at 523-5388.

B'eshet Chapter is looking for help in the "odds and ends" sale to be held during the early weeks of February. This year's goal is to raise enough money to purchase a **KIDNEY DIALYSIS** Machine for the Eastern Ontario Children's Hospital. If you can help please call Sharon Diener, president at 733-5155.

This is an official challenge by B'nai B'rith Youth to any organization who wishes to participate with us during the Wednesday nite gym program at the J.C.C. Already the **Palmach Boys** have been challenged by the **Parliament Lodge men of B'nai B'rith** to a Basketball Game on January 24. Where are all those ladies groups? Our B'nai B'rith Girls have been practising their skills at floor hockey, basketball, volleyball, badminton and shuffleboard. If anyone is interested please call the B.B.Y.O. office at 523-5388.

Yonim Girls are heading to Hillel Lodge to perform their Talent show on January 17. They are looking for more girls to help out for any future shows. If you are interested in being active and wish to meet a lot of new Jewish friends please contact president Lisa Millestone at 731-1010.

(Cont'd on page 7)

TGIS II— a roaring SUCCESS

The second session of "Thank Goodness It's Sunday" started off with a bang. 35 children and a number of parents thoroughly enjoyed the play "Bad is Good" on Sunday, January 7, 1979. Although the program of skating on the canal scheduled for Jan. 14 had to be cancelled due to bad weather, the children all enjoyed an alternate program of Arts & Crafts and active games and races.

And there's lots more. Our line up of events until the end of March is exciting.

Sunday, Feb. 14, 1979 — Games Afternoon, a mini Maccabia. Relay races, ball games, and all sorts of active games for the energetic child. Members — Free; Non-Members — \$1.00.

Sunday, Feb. 11, 1979 — Tu' B'Shevat Cooking or Craft Workshop - Your choice. Both programs will be specially geared to the holiday, to create an understanding of it and an enjoyable time around it. Members — \$1.00; Non-Members — \$3.00.

(Cont'd on page 7)

B'Tweens

J.C.C. B'tweens from 11-14 years, lend us your ears, and acting, stagehand, set or costume designing ability. The first B'tween Drama and friendship group is scheduled to begin on Wednesday, February 7, 1979, 4:30 p.m. at Agudath Israel Synagogue, 1400 Coldrey Avenue. There is a place on or behind the stage for everyone. For more information or to register, call the Youth Department at the Jewish Community Centre — 232-7306.

IT'S HERE — SHABBAT SHEINI

The exciting new Shabbaton program for children 5 - 10 years of age.

An afternoon of Judaic contests, games and quizzes in an enjoyable atmosphere.

Parents are invited to take part in a light dinner followed by the Havdalah service at the end of the day.

Our first session will be held

Saturday, February 10
at the J.C.C.

Cost: \$2.00 for Centre members,
and \$4.00 for Non-members.

For more information contact the
Youth Department at the Jewish Community
Centre — 232-7306

TEENS! Kosher Chinese Cooking Class

Develop your culinary skills in unusual ways
This class is exactly what you need. Learn how to prepare all your favorite Chinese dishes Kosher Style. Why eat out at a Chinese Restaurant when you can cook just as well in the luxury of your own home. Give it a try and give us a call at the Youth Office — 232-7306.

J.C.C. ROCK BAND

Budding Teen
Musicians
(ages 14-18)
UNITE

Come together and form THE band of the year. Think of the great musical future you could have as a member of the J.C.C. Rock Band. For more information or to register just call the Jewish Community Centre at 232-7306.



Jewish Community Centre News



Ottawa Jewish Singles Club

(in conjunction with the Ottawa Jewish Community Centre)

This club is for any Jewish single, separated, widowed or divorced person. It arranges recreational activities and provides opportunities to form friendships and helps with common problems.

CHANUKAH LATKE PARTY

WOW! Our Chanuka Latke Dance Party was certainly a success. Was it the latkes, the disco lights, the music, the people? Most likely it was a blending of all these ingredients with the accent on people that impressed the organizers and the tentative program for future events based on this successful format has been given the green light to go ahead. Many thanks are due to those who gave of their time and energy and helped with all the major and minor details that culminated in our success. Winners of the door prizes were: Lee Ginsberg, Berry Minuk, Larry Shalit, Lorna Solman, Reuben Lightstone and Susan Finkel. The dance ended with a game called Dancing Chairs which everyone enjoyed. This game had the possibility of zero to four prize winners and resulted in one winner, Manuel Erickson. We look forward to even bigger and better dance parties. Good dancing, good music, good food, good people.

CROSS COUNTRY SKI

Cross Country Ski Group is really percolating. If you are interested phone Danielle Nahon at 236-3255 between the hours of 10 and 11:30 p.m. There are only six weeks of winter left, so don't delay. . . get on that phone.

Time is also running out for registration to see the Orpheus

production at the High School of Commerce — Rodger and Hart's "The Boys From Syracuse" on Saturday 17 March at 8:00 p.m. We have a block of tickets, but we can't hold them much longer. Phone Marilyn Pascal at 828-0351 if interested.

BRIDGE CLUB

Our bridge group reports more people are joining this activity. They meet on a weekly basis at the J.C.C. in room 108, Sundays at 7:30 p.m. For information phone Berry Minuk at 234-5472.

BALLROOM DANCING

New group just organizing for "Ballroom Dancing" and names are starting to come in. Not a beginners group. Those applying should be adept to the steps and routines of the ballroom floor. We will use the facilities of the Chateau Laurier Hotel and dance to the very much alive music of the Moxie Whitney orchestra. Contact Reuben Lightstone at 729-1359 for this activity.

DANCE PARTY

Mark your calendar for the 24th February. We will have a "SWEETHEART DANCE PARTY" in the adult lounge of the J.C.C. Remember the green light we mentioned above? More on this in the next bulletin.

Our very own NEWS LETTER is mailed monthly. February's issue will contain a "Singles Buck". Get the advantage of this and for general information phone Reuben Lightstone at 729-1359.

All Jewish singles are invited to attend any or all of the above events. We do not have the formality of membership. Come out to our activities, get out of your shell, activate and participate!

B.B.Y.O. Shofar News

(Continued from page 6)

You are invited to attend a meeting with Yonim and B'sheret Girls along with the Parliament Lodge of B'nai B'rith to discuss the topic of "Dating and the Jewish Teenager". Special guest speaker will be Rabbi Bulka, January 30.

An inter-city conclave has been confirmed for the weekend of February 23-25 in Ottawa next month. There will be groups from Toronto, Belleville who will participate in a super weekend of fun. Some activities that are planned are an Oneg Shabbat, a sleigh-ride followed by a disco and dance (Saturday nite) and a possible ski program that Sunday at

Camp Fortune.

If you are interested in being part of this program join up NOW. Please call our Conclave Chairperson — Penny Torontow at 523-5388.

The B'nai B'rith Celebrity Bowlathon: The B'nai B'rith Youth who have been actively involved in the Telethon Blitz wish to thank all those in our Jewish Community who have been so generous in helping make this program a success. We would also like to thank all the B'nai B'rith Lodges and Chapters who have given us the opportunity to participate in this great program.

KGIS II (Cont'd from P. 6)

Sunday, February 18, 1979 — Puppet Show and Movie Afternoon. A return performance by the puppeteer who was greatly enjoyed during Winter Spree. Followed by a wonderful Walt Disney Feature Film. Members - \$2.00; Non-Members - \$3.00.

Sunday, February 25, 1979 — Tobogganing followed by Hot Chocolate and a sing song. The children will be bussed to a toboggan hill for an enjoyable afternoon. Hot chocolate and singing will follow to warm the heart and body. Members - \$1.00; Non-Members - \$3.00.

Sunday, March 4, 1979 — Purim Cooking and Crafts. Again, you're offered a choice. Two fun-filled ways for your child to learn a bit more about the upcoming holiday. Members - \$1.00; Non-Members - \$3.00.

Sunday, March 11, 1979 — Purim Carnival - Need we say more.

Sunday, March 18, 1979 — Sleigh Ride — What a way to spend a winter afternoon! What an exciting experience, to be gliding across the fields in a horse drawn sleigh. Followed, once again by hot chocolate and singing back at the centre. Members - \$2.00; Non-Members - \$4.00.

Sunday, March 18, 1979 — Cooking or Games afternoon. Once again we offer your child the choice of taking part in a session of active games or of learning new culinary skills. Members - \$1.00; Non-Members - \$2.00.

Entire Session Members — \$8.00
Non-Members — \$19.00

For more information or to register your child, just call the Youth Department at the Jewish Community Centre — 232-7306.

Gym Blurbs (Continued from page 5)

Alpine Skiing

After receiving their lift passes and instructions, the kids raced to the hills with the instructors for recreational skiing. The kids thought it was a real gas on Sunday. Joel Weinstein's picturesque descents and Ben Guiot's hotdogging added to the enjoyment experienced by all. The two supervisors Alyssa Bauer and Karen Agulnik did a great job making sure that the kids' needs were well attended.



K'Ton Ton Program

The J.C.C. is pleased to announce the appointment of Jacque Kaufman-Ludwick as the new K'Ton Ton instructor for the winter session. Jacque is a graduate of the University of

President John Dover (Palmach Boys) would like to announce that their annual Casino Nite is in the final planning stages.

If you are interested in being involved in this program please call John at 731-7576.

Kenesett President Gary Greenberg has informed us that their Roller Skating Disco and Dance should be a great success. If you are looking for a ticket please give Gary a call at 729-2883. We have just been informed that Bytown Lodge will be playing Kenesett Chapter in a best out of three Volleyball game. Dates to be announced in the next bulletin.

Ottawa in Education and has a degree in Fine Arts from Concordia University. She has a vast amount of knowledge and experience in dealing with this age group.

Jacque most recently taught Crafts for the Ottawa Board of Education and has been a religious school teacher for Temple Israel.

Kiddy Gymnastics

The Winter Kiddy Gymnastics program is now completely filled.

This program for children ages 3 - 5 has grown tremendously, under Louise Cloutier's guidance. Louise puts the youngsters through their paces every Thursday, at 2:20 p.m.

The program involves the kids in basic gymnastic skills such as mats, uneven bars, balance beam and box horse. There is a great deal of emphasis placed on the development of body awareness and co-ordination.

Register for spring course now. Contact Ron or Louise in the Physical Education Department, at 232-7306.

TABLE TENNIS

at the

Jewish Community Centre

A Table Tennis Club has been formed at the J.C.C. Anyone 18 years or over and interested in playing regularly is welcome. Time:

Thursdays, 8:00 p.m.

Social Hall

Information:

Larry Shalit 234-2457
Shelli Wittes 232-7306

CHESS



at the



Jewish Community Centre

A Chess Club has been formed at the Jewish Community Centre. Anyone, of any age or ability, is welcome.

Time: TUESDAYS at 8:00 p.m.

Place: SOCIAL HALL

Information:

Larry Shalit 234-2457
Shelli Wittes 232-7306

The Adoption of Foundlings and Non-Jewish Children in Judaism . . . by Rabbi Saul I. Aranov

This is the second in a series of two articles on the subject of the Adoption of children in Judaism. While the first article dealt with the adoption of Jewish children, this article deals with the adoption of foundlings and non-Jewish children.

Adoption of Foundlings

We define a foundling as a child who is abandoned and both the father and mother are unknown to us. While today it would be unusual for a child to be abandoned in a wanton manner, in an earlier age it was not unusual for a mother to abandon her child because of the social stigma where the child resulted from an illegitimate union. There were occasions in more recent history, during the holocaust years when parents would abandon their children in the hope that they would have a better chance of surviving hunger or destruction.

Two factors were vital when rabbis dealt with the case of the legitimacy of a foundling. First they had to ascertain whether the city closest to the location where the child was abandoned had a majority Jewish population, in which case the child could come from the Jewish majority and would be regarded as of doubtful legitimacy. The second factor to be considered was whether the child was left to die or whether by the way it was abandoned, for example near a synagogue or near a public thoroughfare or fully clothed, it is indicative that the parent wanted the child to survive. If the latter was the case, then the child would be declared legitimate and in subsequent years, it could marry into the Jewish community.

The asufi (foundling) is considered to be in a more favored legal position in Jewish law than is the "shtuki" (the child whose Jewish mother is known to us and who may have conceived the child in an illegitimate union with a Jewish man who was prohibited to her.) However, if the Jewish mother states that the child is not the product of a prohibited union we accept her testimony. If she had a union with a non-Jew, the child is also regarded as legitimate. Understandably if the mother is a non-Jew and she claims that the father was Jewish, the child is regarded as a non-Jew.

For some years, I served as the chaplain for unwed Jewish mothers, in addition to my other rabbinic functions in a metropolis with a high Jewish concentration. I was confronted with a number of cases where the mother-to-be thought the foetus was the result of an illegitimate union and she had death wishes for the unborn foetus. Once the mother was informed that the child-to-be

was not to be regarded as illegitimate according to Jewish law, there was a marked change to a more positive attitude towards the unborn foetus and she planned for the adoption of the child upon its birth.

Adoption of Non-Jewish Children

I want to preface my notes on this subject with the following remark: Men and women who are not born of Jewish mothers or who were never converted according to the halakhe process are outside the jurisdiction of Jewish law. They are free to marry other non-Jews and they are not subject to the burden of the commandments to which Jews are subject.

While it is meritorious to participate in the mission of Judaism which is to declare God to the world and to preserve the parameters of holiness in all aspects of life, es ist shver zu sein a yid (Jews ought to be subject to the disciplines of the faith system).

I recall the case of a young mother of three daughters who was married to a Jew whose family was affiliated for many years with the Reform movement. She began her odyssey to Judaism by intensive study and practice for a year. However, I hesitated to convert her since an estrangement evolved in her marriage which finally led to divorce. Had she converted to Judaism she would have limited her options for remarriage since she would then have been obliged to marry a Jew. There were few Jews in that community compared to the non-Jewish population. Some months later she met a non-Jew and subsequently she married him. Had I completed the conversion process with her, I would have done her a disservice.

Obligations to Fulfill

It should be clear to you that conversion to Judaism is not always in the person's interest and can even be a real liability. This now brings us to the subject of non-Jewish children who are adopted by Jewish parents. Is it in the interests of those children to be converted especially when they are too young to exercise their own free-will on this vital transformation to their lives? This question is necessarily linked to the mechanics of the conversion process which demand a formal acceptance of the obligation to perform the gamit of Torah commandments.

Another factor to be considered when non-Jewish children are candidates for conversion is: Why should we create obligations for children which they may not properly

fulfill and they would thereby become accountable for violating laws that they were never properly educated to follow? That is why it is the duty of the rabbinic tribunal, who assume the responsibility of converting the child, to ascertain whether the adopting parents have a positive attitude to Jewish tradition by practicing the dietary laws, teaching the children an appreciation of the Sabbath and by promising to provide the child with a Jewish education which will enable it to live as an observant Jew or Jewess.

Apart from the humanitarian considerations, the advantage in adopting a non-Jewish child is that it is not subject to the laws of illegitimacy to which Jewish children might be subject. A girl child who was converted, however, cannot marry a Kohen. We must also assume that the natural parent does not object to the change of religion for the child.

Practically speaking, a child adopted by conscientious Jews will be raised in a Jewish milieu and it can be brought through the formal process of conversion with few reservations. In fact, too often well-meaning people assume that the civil act of adoption also confers Jewish religion upon the adopted child without the formal act of conversion. These children who are technically not Jews are taught and raised as Jews and later in life these innocent people are forced to undergo emotional trauma when the clergy discover that no formal conversion took place. In order to avoid these problems, it behooves the clergy to inform



The adoption of a non-Jewish is an advantage in that it is not subject to the laws of illegitimacy.

their congregants who contemplate adoption of the conversion procedures, so as to avoid trouble in the future.

If a non-Jewish baby boy is adopted, the child should be circumcized by a qualified mohel for the purpose of conversion (gerut) in the presence of a Beth Din. An appropriate document could be issued wherein it shall be



Ritual immersion in the presence of a rabbinic tribunal grants the holiness of Israel to a convert. Then the child must make a valid formal statement of acceptance when he attains majority.

stipulated that the child fulfilled the rite of circumcision for the purpose of conversion. And when the child will be immersed in a ritual bath (mikveh) in the presence of a Beth Din for the purpose of conversion, it will be regarded as a full Jew. If the parents insist upon naming the baby at the circumcision ceremony, they may do so provided that they realize that the child cannot be regarded as Jewish until after its immersion in a ritual bath, for only this last act grants the holiness of Israel to the convert.

Hatafat dam brit

If a boy child was circumcised by a physician before conversion was even contemplated, as is often the case, then a symbolic act of hatafat dam brit is necessary (the mohel must cause some blood to flow for the purpose of conversion in the presence of a Beth Din). Then boys and girls must be immersed in the Mikvah in the presence of the rabbinic tribunal, since the latter really sponsor the child's conversion; and the adopting parents declare that they will aid the rabbinic court by ensuring that the child will be raised and educated in the values and practices of Judaism. The child must be immersed without any garments on. The girl child should be immersed before the age of 3 years so that when she marries there will be no need to modify her marriage contract. After the immersion an appropriate certificate of Gerut should be given stipulating that

she was immersed in a ritual bath for the purpose of conversion. A boy should also receive a certificate stating that he was circumcised and immersed for the purpose of conversion.

Since the children are too young to make a valid formal statement of acceptance of the obligations of Judaism and belief in one God, they must be given the chance to exercise their option when they attain their majority: for boys, at age 13, for girls at age 12. They should then state that they desire to be Jews of their own free will. If they were not informed that they were adopted and converted at a younger age, then they have the right to opt out of Judaism at any time after they have attained their majority, and they thereby nullify the earlier act of conversion. Adopting parents cannot transfer their tribal status of Kohen or Levi to the child.

Occasionally, it occurs that the mother converts to Judaism after the birth of her child. The child is not covered by the mother's conversion and it must go through the aforementioned conversion procedures.

It is our hope that adopting parents will offer their child the kind of qualitative Jewish life that will make remaining Jewish a normal course of events. Please don't hesitate to confer with your spiritual leader about this subject.

(Rabbi Aranov is an orthodox rabbi at Congregation Beth Shalom.)

JACK SMITH CATERING

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Young Israel Synagogue
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729-3185

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733-5507

From the Mail Bag

Reader: Our Weapon Is Energy Conservation

To the Editor:

Arab countries have two weapons to use against Israel: guns and oil. The two are not unrelated. For one thing, the latter finances the former. For another, the industrial world is so dependent upon oil that most nations would be quite willing to sell out Israel in order to protect their sources of energy supply.

Fortunately, just as Diasporan Jews have helped ensure that Israel can defend herself militarily, we can also help her defend herself in the oil war. Our weapon is energy conservation—and not just the minor programs effected so far, but a substantial effort that will cut back significantly on imports of oil.

Consider and example. Let us say that you have just purchased a new car, and that in celebration of the event you also purchased a \$100 State of Israel Bond. Mazel Tov. However, in the auto showroom you were attracted to a larger model than the compact you had intended to buy, so the car you purchased only gets 20 miles to the gallon rather than 30.

Now, to make the calculations easy, let's also

assume that the gasoline you buy is imported. (Imports are still increasing throughout the Western World, and they supply most areas of Canada from the Ottawa Valley east.) This gasoline has been made from oil imported at about \$15 per barrel or 43 cents per Canadian gallon. Allowing a generous margin of 7 cents per gallon for the producing firm (Middle East oil is very cheap to produce), the exporting country will make a clear profit of 36 cents per gallon.

Under these circumstances, every 275 gallons of gasoline you buy will return about \$100 to the exporting country. Now, if you are an average Canadian driver and put a little over 10,000 miles per year on your car, it will take you only about 1-1/2 years to consume 275 extra gallons—and in effect to neutralize the Israel Bond you just purchased.

Note that this gift to the oil exporter comes not because you purchase a car but solely because you purchased a less efficient car. It would be still better if you could also cut back on the number of miles you drive. If you commute five miles to and from work each

day by auto instead of by public transportation, you will be adding more than 2,000 unnecessary miles each year and, with the 20 mile-per-gallon car, you will be neutralizing the Bond in less than one year.

The returns from energy conservation are large and immediate. The harsh facts are that: if you are driving a larger car than you need, you are part of Israel's problem; if your house has not been insulated to modern standards, you are part of Israel's problem; and (given that institutional buildings are among the worst designed) if the synagogue has not been checked for energy efficiency, your congregation may be part of Israel's problem. Needless to say, exactly the same charge applies to the businesses, offices and industries where you work, and the gyms, community centres and shops where you relax.

Israel Bonds and energy conservation make an ideal team. The former provide the direct financial support that Israel needs while the latter avoids the indirect financial support of just those countries opposing Israel. As a bonus, energy conservation helps protect the quality of our life and, for reasons too complex to go into here, helps reduce unemployment and inflation. Then, too, with the money you save from conserving energy, you can buy more Bonds.

Energy conservation by Jews in the Diaspora will not solve Israel's problems by any means. But it will deal with the fact that, from the political point of view, Arab power comes less from the mouth of a gun than it does from the lip of a well.

David B. Brooks
Energy Probe

Quips From Shul Nursery

Dear Editor,

I have been working every Shabbat and holiday in the nursery in Agudath Israel Synagogue for three years now. The nursery is one of the three junior congregation services offered.

During this time I have loved every minute, but what really made it worthwhile was the feedback I got from the children that showed me they were absorbing something.

Some of their comments were very amusing — sometimes I almost couldn't help from laughing out loud. I have collected several of these comments, and thought it was about time I shared them. You should get a "kick" out of them.

One week, I was telling the group about G-d and asked them where they thought he lived and I got the answer "He lives in a helicopter that flies all over the world."

Another week, I was telling them about the creation of the world. I asked them what they thought G-d made to make the earth warm and one child replied confidently "He made blankets".

In telling the story of Adam and Eve, I asked the children — "After G-d made the garden, who was the first person he made?" and one of them replied "a gardener". That wasn't quite the answer I was looking for! The next year, I went over the same story and asked who the first woman was and got the answer "Jaime Sommers." It shows how much TV programmes influence children's thinking!

As I was telling the story of Passover and describing Pharaoh's cruelty, one boy got

quite stirred up and shouted out "Steve Austin would have pounded his head in with bionic power!" I really had to hold myself to keep from laughing at that one.

Just this Yom Kippur, I told the group that G-d wrote down in his big book what would happen to everyone on this earth. One child said, "It must take him a whole year to do that" and I said "No, He does this all on Yom Kippur." He replied "Boy, He must use both hands and a thousand pens!" It sure takes imagination to come up with that one!

I also got another cute comment when I told the children that on Yom Kippur everyone fasted, and one little girl said "Oh, my mommy fasts all the time. She's on a diet".

By these comments, you really see how imaginative and busy children's minds are. These responses make working with the nursery all the more enjoyable for me, and I hope you enjoyed reading them as much as I did hearing them.

Eileen Penso

Harvest Help

Israel's collective agricultural communities (moshavim) have put out the call world-wide for young adult volunteers urgently needed to harvest crops between now and April.

Moshavim seeking volunteer help are located in the Arava, Sinai, Red Sea Area and Galilee. The primary crops to be harvested between now and April include flowers, melons and peppers.

For information contact Israel Aliyah Center, 515 Park Avenue, New York City.



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Social Services

Winter Transportation Proves Serious Problem for Elderly

Most of us manage, throughout the winter, except on the worst of days; to get to work, to drive the carpool, to get the doctor, dentist, hairdresser, to get to our fitness class or tennis lesson, to get to the supermarket, the butcher, the bakery, the liquor store, the sale at Holt Renfrew, and to spend time with friends.

Elderly persons who may have difficulty in getting around in decent weather, become even more isolated during this half of the year. There are 50 Jewish senior citizens in Ottawa who are completely housebound, many living alone and dependent upon whatever outreach and individualized support services the community can set up for them. There are even more who, while not housebound throughout the year, cannot get out during the winter due to fear of falling, inability to function in the cold weather, inability to maintain bodily heat, asthmatic and rheumatic conditions, and so forth.

Some people without family or whose family is not available to them for support services such as transportation, do not see another living soul other than a concerned neighbour delivering groceries or a friendly visitor arranged through Services For Jewish Elderly once a week. Many elderly people while quite capable of reaching out socially, cannot do so because they are simply unable to get to a place where socialization is possible.

Fear of Taxis

Do readers know also that elderly people are fearful of taking taxis? We all read not long ago about the cab-driver who turned out a man and his little boy miles from their home on a sub-zero day because he had only \$14 of the \$16 fare. What happens to a senior citizen in a cab carrying only \$10 if it gets stuck in a snowstorm or a traffic jam? Or what does an elderly person do who is let off in front of a snow bank? Either she tries to negotiate a wall of snow or she walks along the icy road until an opening is found.

Had to Cancel

There are many, other such examples keeping our elderly behind closed doors during the winter. Several weeks ago Mrs. N. contacted SJE for transportation to a doctor's appointment in late December. SJE's small roster of transportation volunteers were contacted. No one was available for that date. SJE then offered to pay 50 per cent of Mrs. N.'s projected \$12 cabfare. Mrs. N. refused, saying that she could afford to take a taxi herself, but was reluctant because of the reasons stated above, and would only feel secure with a friendly person who took an interest in her welfare. The outcome? Mrs. N. had to cancel her appointment and is now

waiting for spring so that she can get there herself by bus.

Services For Jewish Elderly, is, in part, a barometer of the sensitivity of the Ottawa Jewish community. Are we really so smug and self-satisfied that not one person could be located to take one elderly lady to her doctor?

Many elderly Jewish people live in Lower Town and Sandy Hill and require transportation throughout the winter on Mondays to and from Golden Age Club meetings and Wheels-to-Meals luncheons. Without your wheels there is no program. Some people are driving regularly, e.g. Frances Shaffer, Moe Kron, Malca Polowin, Fenja Brodow who brought people to the last luncheon. But obviously more are needed.

Services For Elderly especially needs drivers who will transport people around the centre and downtown areas.

This transportation service is only as good as its voluntary sector. Without support it cannot exist. Drivers are asked to contact SJE at 232-7306, mornings. If you do not, you

may be indirectly responsible for the loss of independence of some elderly persons who cannot cope with their own home without these much-needed support services.

Population

Jerusalem (JTA) — The new statistical annual records that at the end of 1977 there were 14,260,000 Jews in the world, 21 per cent of them (3,020,000) in Israel. World Jewry has not yet reached its number on the eve of World War II — 16.7 million. At the present growth rate, the number of Jews in the world will reach the same level only at the end of the century.

The new annual shows a decrease in the birth rate in Israel. The number of new births last year was 93,315, a decrease of 3.5 per cent compared to the 98,763 born in 1976. The rate of families with more than seven persons decreased in the last decade from 12 per cent to less than 10 per cent. Most of the decrease is in the Jewish population, specifically among Jews of Asian and African origin.

Hillel Lodge Program

The spirit of Chanukah was kindled at Hillel Lodge this year by members and friends of Bytown Lodge, B'nai B'rith. On Sunday December 17 the residents of the Lodge as well as Jewish elderly from the community were entertained with performances by Joel and Toby Yan, Janet Agulnik, Shanie Aberback, Gab Karlin, Allan Garman, Martin Gordon, Paul Bregman, Issie Dubinsky, a resident, and Ms. Johanssen, Hillel Lodge social director. The program consisted of singing, dancing and Yiddish story telling.

The afternoon took on a

special glow as the Menorah candles were lit by Hillel residents. As a souvenir of the Chanukah experience the residents and guests were given gifts of Chanukah gelt.

One resident thanked the Bytown Lodge for all the guests: "In all my years of celebrating Chanukah this celebration is the most warm and memorable experience." The residents, guests and Lodge members completed the afternoon by sharing tea and good wishes for the holiday.

Bytown Lodge visits Hillel Lodge on a monthly basis with various social programs.

SERVICES FOR JEWISH ELDERLY
invites all Senior Citizens
to a

SENIORS' LUNCHEON

Monday, February 12

at 12:30 p.m.

in the Assembly Hall
Jewish Community Centre
Entertainment will be provided

Those who require transportation please call
Debi Shore, 733-4235 after Feb. 1st.
For more information call Rusty Torobin,
232-7306, mornings.

Below the Poverty Line

There are about one million widowed and single women over 55 in Canada today. At least two thirds of them live below the poverty line. The majority of widows over 65 live on less than \$2,000 a year—total income.

According to Nutrition Canada, old women have the worst nutrition habits of any other group in the country. They have poor protein intake and vitamin deficiencies.

There are 100,000 people in nursing homes in Canada—mostly old women. About 45 per cent of the people in nursing homes are physically self-sufficient, meaning that if they had enough money they wouldn't have to live in nursing homes. A lot of women go to nursing homes undernourished—they do not have money to eat.

A recent study undertaken by the federal Advisory Council on the Status of women entitled "Women and Aging" indicates that "women who are middle income don't realize that they're going to be poor when they're old, because two-thirds of old women are poor".

Unless pension policy

changes drastically in this country, that will be as true for women who are young today as it is for our grandmothers.

Private pension plans occur mainly in union jobs; most women are not in unions. Similarly, the Canada Pension Plan is a male-oriented program.

So the only hope for women now is the Old Age Pension, a pittance which goes to everybody over 65, and the Guaranteed Income Supplement, which goes to people over 65 who have little or no personal income. In Ontario, a single person who gets OAS, GIS, AND Ontario GAINS income supplement, lives on \$319.17 a month.

That's way below the poverty line. Depressing isn't it?

Volunteer

FRIENDLY VISITOR needed for pleasant housebound elderly lady with good support system. Younger person welcome. Sandy Hill. Contact Rusty Torobin, Services For Jewish Elderly, 232-7306, mornings.

OPPORTUNITIES IN SOCIAL SERVICES

Management

Volunteer personnel are required to assist the Director, Services For Jewish Elderly, in setting up a program of daily telephone reassurance for senior citizens.

Positions vacant: 3 month (approximately) assignment

PUBLICITY CO-CHAIRMAN

—to contact service clubs, organizations, synagogue personnel etc. to distribute literature and promote the program, for the purpose of locating clients and recruiting volunteers.

INTAKE CO-CHAIRMAN

—to work with one other person in recruiting and orienting intake workers and assigning to clients for assessment. Maintaining list of potential clients and making initial contacts to set up appointments with clients and intake workers. Developing emergency backup system.

VOLUNTEER CALLER CO-CHAIRMAN

—to work with one other person in recruiting, screening and training (professional assistance is available for the latter function) the direct service volunteers who will be responsible for making the daily telephone calls.

Support Staff

INTAKE WORKERS

—to work with the Intake co-chairmen to assess clients in their homes and orient them to the program.

SECRETARY

—to assist committee chairman in the organization of their information and recording systems; to type and run off stencils of forms to be used in interviewing and orientation; to type lists of clients and volunteers and training materials.

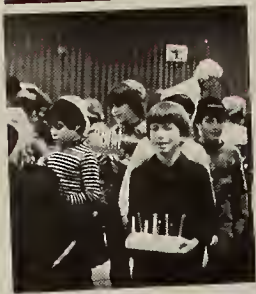
Involvement in social service management can be both rewarding and challenging. These volunteer positions should be of particular interest to those who participated in the Study of Aging. Help us activate one of the primary findings of the Study, that of need for more social contacts among the elderly.

Contact Rusty Torobin, 232-7306, mornings, Services For Jewish Elderly, or Ruth Calof, Volunteer Bank.

THANK YOU from JIAS

The Jewish Immigrant Aid Society wishes to publicly thank the OTTAWA DENTAL COMMUNITY for its kind reception and treatment of JIAS clients.

Evelyn Lleff
JIAS-Ottawa Chairman



Hillel Academy students circulate among luncheon guests with hannukiahs made in class.



Enjoying an after lunch chat

Attendance Is Rising At Senior Citizen Luncheons

Services for Jewish Elderly luncheons are well attended, pointing out the desirability of increasing the type and number of these functions in our community. Between July and January nine luncheons have been held, with the attendance rising from 24 to over 70.

The volunteer corps is headed by Dorothy Lief. Dorothy and her helpers plan the menus, purchase, prepare, and serve the food. The program is subsidized by a grant from National Council of Jewish Women.

The photographs were taken at the Chanukkah luncheon December 18 at the Community

Centre. Sixty-nine seniors attended; 9 were transported by SJE volunteer drivers.

Entertainment at the lun-



A good hot lunch.

cheon was provided by Hillel Academy students who sang Hebrew and Yiddish songs and

afterwards circulated among the guests with their own hand-made hannukiahs. The Golden Age Club gave each child a goodie bag containing fruit and chocolate gelt. Services for Jewish Elderly is hopeful that the community is becoming more aware that this type of programming is necessary to the well-being of our over-65 group.

Those who are interested in becoming a volunteer in the program either in food service, transportation or in entertainment are asked to contact Rusty Torobin, 232-7306, mornings.



Sharing a bit of gossip



Part of the "kitchen staff" preparing latkes



Miriam Levitan and Sally Weltman serving

Folk Dancing

There is Israeli folk dancing for those who are interested every Sunday night starting at 7:30. This is held at Temple Israel which is located at 1301 Prince of Wales Drive.

All newcomers and beginners are welcome. For any information, call Marla at 722-6903 or Joanne at 225-3409.

Ami Hai Charms Audience

by Lauretta Thistle
Ottawa Citizen Dance Critic

Ama Hai, Ottawa's Israeli dance group under the direction of Sylvia Rosenes, was sponsored by the National Museum on December 17 in a performance built around Hanukkah, the eight-day festival of light.

A short history of the origins of the festival was read by Danny Henry, the only male dancer in the group. And a women's chorus, directed by Dr Victor Steinberg, sang groups of songs familiar to many in the audience, so that there was "singing-along" and hand-clapping.

The four dances presented, all with choreography by Moshiko, did not deal directly with Hanukkah, but some of them were joyful enough to suit the mood of the holiday season.

The dance-group is hampered by the lack of boys, so that nuances are lost to us. In Ki Hivshiloo Eshkelot, a dance celebrating the grape harvest, there is a face-off that presumably indicates a chaste but real sexual challenge. But the effect is minimized by having girls masquerading as boys.

Nevertheless, the group danced with vivacity and considerable theatricality, though the basic steps, done barefoot, were simple kicks and whirls, in uncomplicated floor patterns.

University Program

Jerusalem, December 29, 1978: An exchange of views between Canadian political scientists and their colleagues at the Hebrew University of Jerusalem last week resulted in fresh ideas for shaping the Hebrew University's new Program in Canadian Studies.

The Hebrew University's Canadian Studies program is co-sponsored by the government of Canada and Dr. and Mrs. Ralph Halbert of Toronto. The Ottawa participants were Professors Robert Jackson and Conrad Winn, both of Carleton University.

Writing Contest

The Talmud Torah Afternoon School recently held a Chanukah Writing Contest. Winners were announced at an assembly held on December 17. Among the winning entries were the poems below.

CHANUKAH
by Robert Weiss, Grade 3

Chanukah you don't know what it is?
Come on please! You are a Hebrew aren't you?
Your reply made me dizzy! I'd know in a whiz!
Judah Maccabee and his army did it all! Oh no you don't know who?

He was one of the most famous Jews
He led the Jews to make the Syrians lose!
He and his people resanctified the temple
Everyone knew the Syrians were mental!

But the name of Chanukah is 8 letters for 8 days
When the little bit of oil lasted all that time the Jews sang out in praise!
As for the dreidle nun-none, gimel-all, hay-half
Add to the pot means shin all of the kids hoping they'll win!

CHANUKAH
by Donna Ship, Grade 5

Chanukah in English is the festival of lights.
The Festival of Chanukah lasts 8 wonderful nights.
On Chanukah we celebrate with Chocolate gelt and toys,
This of course is the best part for all the girls and boys.
Of course we light the candles.
One for every night
How pretty they are standing
In the Chanukia so bright.
Of course there is the dreidle.
That's fun for everyone.
And if you get a gimme!
I'm pretty sure you've won.

And don't forget the latkes.
Mimie, they taste so good.
Mommy makes them with potatoes
The recipe says she should.
The miracles of Chanukah are remembered every year.
How do you celebrate Chanukah?
That's how we do around here.

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Time: 8:00 p.m.

Place: Woodroffe High School Auditorium

2410 Georgina Dr.
Admission: \$2.00 advance; \$2.50 at the door
Open to the public

For more information, contact: Elliot Malomet (728-8945);
Doug Macy (735-3631); Reuben Feldberg (729-7464) or Mark
Brotman (728-2595).

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Maureen McTeer to Address NCJW Feb. 6

Maureen McTeer will address a luncheon meeting of the National Council of Jewish Women, Ottawa Section, on February 6. The meeting will take place at the home of Cayla Baylin, 947 Killeen. Luncheon will be served from 12:30 to 1:30 p.m. for which there will be a \$3.00 charge. Members of the community are invited to attend. Reservations may be made by phoning Annice Kronick at 224-8312 at least five days in advance.

Maureen McTeer is a law graduate, married to Joe Clark, and the mother of a two year

old daughter.

Fluently bilingual, she has studied Canadian history, social communications and law. She attended and graduated from Notre Dame High School and the University of Ottawa. She has worked as a researcher with the Research Office of the federal Progressive Conservative Party and as an assistant to Joe Clark.

Her special interests include women's and children's rights, and she will speak to the meeting on the rights of children in connection with the International Year of the Child.

Tu B'Shevat Seder

The spirit of the mystics of Safed lives again in Adath Shalom Congregation's revival of the Kabbalistic tradition of Seder Tu B'Shevat. No, not Passover Seder! Tu B'Shevat Seder.

Adath Shalom Congregation invites the community to come celebrate Erev Tu B'Shevat with prayer, a seder and entertainment. This celebration will be held on Sunday, February 11, 7:30 p.m. at the Riviera Gate Apartments Meeting Hall.

Tu B'Shevat — New Year of the Trees — is the beginning of spring in Israel. The Tu B'Shevat Seder observance expresses the Jew's appreciation for God's creations and for the love He has for the Holy Land. It is the

custom created by the 17th century mystics of Safed, but largely forgotten, which has now been redeveloped by the Adath Shalom Congregation.

The celebration will include the Procession of the Seven Species, recitation of the prayer for the Etrogim, retelling of the Tu B'Shevat story and eating of the 15 symbolic fruits of the Holy Land. After the Seder, the congregation will be treated to a Tu B'Shevat dance program by the Ami Chai Dancers. Refreshments will follow.

Ma'ot Perot (fruit money) of \$2.50 per person is payable in advance only. To make reservations, contact Chris Shugar, 820-8998, Pam Hoffman, 224-9823, or Marilyn Miller, 523-5623 before February 2.

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The Citizen

Yiddish Film Fest

Congregation Machzikei Hadas has announced a four-part series of Yiddish films, (with English sub-titles), to be shown on February 10 and 24 and March 10th and 24 in the Main Auditorium at 2310 Virginia Drive.

Refreshments and free parking will be available.

Cost is \$8. per person for the series of four or \$2.50 per

person for each individual movie. Tickets will be mailed on receipt of cheque. Cheques are to be made payable to Machzikei Hadas Film Festival, with an indication as to which movie(s) the payment covers, and are to be forwarded to Machzikei Hadas Film Festival, 2310 Virginia Drive, Ottawa. K1H 6S2.

For further information, call 521-9700.

Reminder

The B'nai B'rith Parliament Lodge No 2159 reminds the community of the upcoming address by the Honourable Jean Chretien, Minister of Finance at a special lodge meeting at the Jewish Community Centre. Mr. Chretien will speak on the topic "Our Choice — The Future of Canada" on Wednesday, January 31 at 8:00 p.m. Refreshments will be served.

There is no charge, and everyone is invited.

Mental Health Ottawa charts a bi-monthly bus to Brockville Psychiatric Hospital. For information and tickets, call 236-9447.

Joint Meeting

Parliament Chapter No. 1041, B'nai B'rith Women, will be having a joint meeting with B'nai B'rith Girls on Tuesday, January 30, at 7:30 p.m. at the home of Roz Snyder, 64 Beaver Ridge.

The guest speaker is Rabbi Reuven Bulka.

In honour of the 50th Anniversary of BBG, all former BBG members are cordially invited to come and bring their friends.

For further information call Rena Moses at 224-4400.

BELLS WILL BE RINGING ALL OVER OTTAWA

ON SUNDAY, FEBRUARY 11, 1979 — FROM 9:00 A.M. ON FOR THE ANNUAL "TU B'SHVAT PLANT-A-TREE TELETHON"

Conducted by the Jewish National Fund Council of Ottawa

The joyous holiday of Tu B'Shvat (The New Year of Trees), marking the onset of spring and the renewal of nature's cycle, is celebrated by the mass planting of young saplings by Israelis in all walks of life and the Jewish communities around the world.

Now, more than ever, the hard pressed people of Israel look to us to match their extraordinary courage with our love. Every new tree expresses our solidarity with them at this time of trial and demonstrates our commitment to share personally in the development of the Jewish Homeland.

We call an every family in Ottawa to say "SHALOM ISRAEL" an Tu B'Shvat with trees as a gesture of faith in the future. Your trees are a gift of life and encouragement to the Jewish Nation in its heroic struggle for survival as we cover the barren wastelands with a rich mantle of greenery.

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If we miss you, kindly call us at 1-800-361-8459 (toll free)



Herbert Zagerman
HERBERT ZAGERMAN
Chairman, Ottawa JNF Council

Sarah Swedler
SARAH SWEDLER
Chairman, Tu B'Shvat Telethon



Women to Hear Cult Analysis

B'nai B'rith Women, Ottawa Chapter 421, will hold a general meeting at the Agudath Israel Synagogue, 1400 Coldrey Avenue, on Wednesday February 7th, at 1:00 p.m.

Bernie Farber, Youth Advisor at the Jewish Community Centre will discuss the "Cult Movement".

Also Ethel Taylor, who recently returned from Israel where she visited the Boys Group House will give us an update report of the Home and its requirements. Everyone is welcome. Admission is \$1.00.

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